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Get Fit for Golf Seminar – June 2009

Thank you for your enquiry regarding the details of the proposed Get Fit for Golf Seminar to be presented on the 27th & 28th June 2009 both at the Selsdon Park Hotel & Golf Course, South Croydon, London, as advertised in Frontline. Please find enclosed further information on both the Camp and the Seminar.

Places on the Seminar to thirty-five persons and they will be allocated on a first come first served basis. Please advise us of your interest by completing the enclosed registration form at your earliest convenience. Your registration will be confirmed immediately on receipt of the form and final details will be forwarded in early June.

Accommodation is available at the Hotel where we have negotiated for a special rate and there are other Hotels / Boarding Houses in the area. There is a Golf Course and Range at the Hotel and Guest rates will be available.

For Therapists please note that it is not a requirement of these presentations that you have played or currently play golf. One of our objectives is to provide a simple yet practical understanding of the fundamentals of the golf swing from a leading Golf Coach and also how poor swing technique and swing misconceptions can cause injury.

Due to the demands on Ramsay McMaster services from all over the world he is now only able to present these events once a year when he is in the United Kingdom.

Should you require further information please do not hesitate to contact the undersigned or visit www.golfmed.net

Yours sincerely

Mike Queen - Seminar Administrator



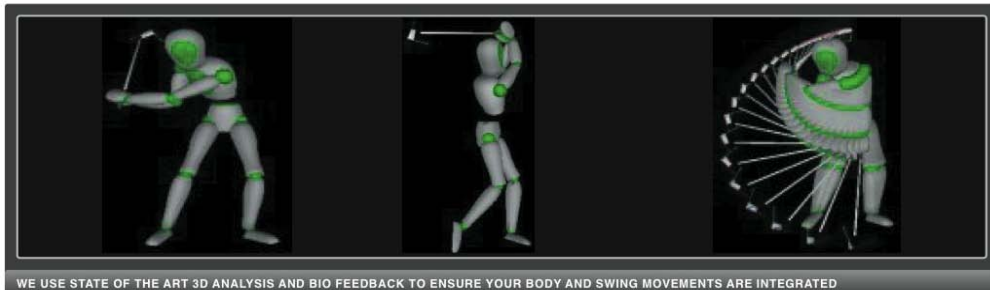
Presentation Team

Ramsay McMaster MCSP.SRP.GRAD.DIP PHYS,MAPA, - Consultant Physiotherapist to the Australian Institute of Sport, PGA's of Australia, Great Britain and New Zealand. Member of Titlelist Performance Institute.



Sandy Jamieson - US PGA & European Tour Coach. Golf Professional affiliated to the British PGA

Stewart Corstorphine - Golf Professional affiliated to the PGA and UK representative of the 3D Analysis System -Golf BioDynamics.



WE USE STATE OF THE ART 3D ANALYSIS AND BIO FEEDBACK TO ENSURE YOUR BODY AND SWING MOVEMENTS ARE INTEGRATED



OUR SPORTS SCIENCE TEAM MATCH YOUR GOLF BODY WITH YOUR GOLF SWING



Objectives and Benefits of the Seminars

The seminar objectives are

1. To give a simple yet practical understanding of the fundamentals of the golf swing and also how poor swing technique and swing misconceptions cause injury.
2. How to conduct a golf specific assessment on club and elite golfers using the take home golf profiling system.
3. Correct and simple use of video within your clinic "Training your eyes not jutt your hands" and using video in a simple way as a simple tool as well as assessing and analysing golfers.
4. How to integrate golf drills with the latest in original golf specific exercise prescription produced in Australia.
5. How to set up a Golf Fitness System within your clinic with minimal expense all presented within the 2 days
6. How to target golfers with injuries including seniors, ladies, juniors, elite amateurs and professionals. Taking golfers through a step by step process of rehabilitation progressing on to performance enhancement using case histories
7. To introduce the **Golfer Under Repair** programme

The Benefits to the physical therapist, the sports trainer and physiologist

1. To provide an economical and unique alternative to franchising.
2. To give new and refreshing information on the subject of golf injuries and golf biomechanics.
3. User-friendly information in a practical environment.
4. To show how an individual can market themselves in the golf community and target golf group within locality of their practice.

To have an ongoing knowledge of modern trends in golf fitness and obtain a support base through contact with our presenters.

To learn more about "Get Fit For Golf", the instructors, other educational materials available through the Melbourne Golf Injury Clinic, you can visit www.golfmed.net.





Agenda (Day 1)

Saturday 27th June 2009

8:30 a.m. - Registration and Coffee

8:50 a.m. - Introductions

9:00 a.m. Sandy Jamieson

An introduction to Golf

9:20 a.m. - Ramsay McMaster

1. Establishing an Interrelationship between Physical Therapy, Physiology, Conditioning and the Golf Professional. Strategies for integrating yourself within the golf community.
2. Periodisation. How to plan, organize & integrate physical therapy with a golfer's full competition schedule.

10:20 a.m. Coffee Break

10:30 a.m - Ramsay McMaster

1. Establishing a successful clinic, dealing proactively with potential injuries
2. Subjective Assessments - Common behavioral patterns in golfers.
3. Objective Assessments - Full golf-specific musculo-skeletal screening and analysis of body segments.

12:30 pm. - Lunch

1:15 pm. - Ramsay McMaster

1. Self-Testing Drills - Golf specific exercise drills, proprioceptive and postural re-education, addressing golf muscle imbalances.
2. Common Golf Injuries
3. Golfing Subgroups -Identifying risk areas - Middle aged female golfers, Corporate golfers, Senior golfers, Developing Tour Professionals, Arthritic golfers

2.50 pm. Coffee Break

3:00 pm. – Sandy Jamieson

- Equipment
- Set-up fundamentals
- Swing Plane & Pivot
- Swing Misconceptions causing injury

4:00 pm. - Team Approach

Case Studies - Common Golfers that you will see in your Practice

5:00 pm. - Closing Remarks



Agenda (Day 2)

Sunday 28th June 2009

(A full practical day with live models)

8:30 a.m. Registration and Coffee

9:00 a.m. - Ramsay McMaster with Sandy Jamieson

Practical Screening

- Using video effectively
- Visual home exercise
- Capturing video to computer files

9:40 a.m. - Coffee Break

10:00 a.m. - Ramsay McMaster with Stewart Corstorphine

Demonstration on the Range - Golf Course Exercises – 3D Swing Analysis
(Introducing *GUR with new rehabilitation systems and procedures.

12:30 pm. - Lunch

1:15 pm. - Team Approach

Information on new and exciting trends in Golf including - the inter-active role of the Therapist - the “traffic light” golf rehabilitation calendar, - golf rehabilitation templates, - train the trainer, - body testing templates on the golf range, - current research on arthritis and joint replacement in golf, - Can you score 79 at 79?

3:00 pm - Coffee Break

3.15 pm till 4.30 pm - Golf Specific Exercise Drills using Posture Bar and Spikey Ball

4.30 pm - Conclusion and Open Forum

*** Golfers Under Rehab specifically to Golf Clubs and golfers.**

N.B. (Dress is casual! If you are a Golfer bring a golf club. For non-golfers and those travelling from afar we will have some spare clubs available!)



Registration Form - THERAPISTS / COACHES

I/we would like to attend the 2 day Golf Fitness Seminar at Selsdon Park Hotel and Golf Club, Sanderstead Road, South Croydon, (www.SelsdonParkHotelLondon.co.uk) from 27th June 2009 to 28th June 2009.

Name(s):

Address:

Post Code:

Phone:

Mobile:

Email:

Registration Fee: UK £300 (2 days) £160 (1 day) - (includes lunch, beverages & Course documentation)

- Name on the Card:
- Credit Card: VISA () Mastercard () (only M/Card and Visa acceptable)
- Credit Card Number: Expiry Date:
- Amount: £300 / £160 Total £ _____

Please complete the details above and either:

Post the completed Registration Form together with cheque payable to Q Consulting or complete Credit Card Details to:-

Michael Queen - UK Seminar Co-coordinator,
20 Alexander Drive,
Bridge of Allan,
Stirling, FK9 4QB

or *E-mail* to: michaelqueen@aol.com

Your application will be acknowledged on receipt and final instructions will be forwarded nearer the Course date.



Whether your delegates are arriving by road, rail or air, Selsdon Park is ideally located for national and international meetings.

BY ROAD

From Central London

Marble Arch (West End). Take Park Lane to Hyde Park Corner, follow signs for Victoria and then Vauxhall Bridge. Take the A23 Brighton Road through Brixton, Streatham, Norbury, Thornton Heath, bear right keeping on the A23 to Purley. At Purley traffic lights go straight ahead on the A22 Eastbourne Road, under the railway bridge and in approximately 100 yards bear left at the traffic lights up the hill on to the A2022 Downs Court Road. Follow this road for 2 ½ miles. At the roundabout, go straight ahead for Selsdon still on the A2022. Proceed for ½ mile and the entrance to the hotel is on the right, opposite the junction with Upper Selsdon Road and before you reach the Selsdon traffic lights. There is free parking for 250 cars in the hotel grounds.

From the South

Follow the M23 towards London until junction sign posted M 25 Sevenoaks. Take the M25 and exit at Junction 6.

From the West (M3/M4)

Follow sign for Gatwick Airport then for Sevenoaks using the M 25 and exit at Junction 6.

From South East, Essex and East Anglia

Use the M25 towards Gatwick. Exit at junction 6.

From Junction 6 on M25

A22 – Follow the road North to Croydon

Follow the road to a large roundabout; take the fourth exit up a very steep hill called Succombs Hill. At the top turn right and follow the road till you get to a funny shaped roundabout. Turn left and follow the road till you get to a large roundabout. Take the third exit and pass a church on the right. The hotel entrance is approx. a 1/2 mile down this road on the right.

BY RAIL

Victoria and London bridge Stations to East Croydon (journey approximately 17 minutes). Taxis are available at the rank adjacent to the station, journey time to hotel approximately 10 minutes.

BY AIR

From Gatwick Airport

Follow the M23 towards London until junction sign posted M 25 Sevenoaks. Take the M25. Exit at Junction 6 (now follow our directions as from Junction 6 on M25).

From Heathrow Airport

Follow signs for Gatwick Airport then for Sevenoaks using the M 25. Exit at Junction 6. (Now follow our directions as from Junction 6 on M 25).